

"Love is a choice you make everyday."
- Gary Chapman

# **PHYSICAL** TOUCH

Physical presence

and accessibility

hugs, pats on the

back, hold hands

and just be near

others.

They love to receive

are important.

#### **EXAMPLES:**

- Cuddling Holding hands
- Kissing -Sexual Intimacy
- Touch them as you walk by Playing with their
- hair - Rubbing their feet
- or back - Massage
- Sitting close on the couch
- Any reassuring

LANGUAGES

**EXAMPLES:** 

A SUCCESSFUL

QUALITY TIME

ACTIVITY:

Touching with love can be an "emotional life-line" to reach



ACTIONS

TO AVOID:

- Neglect - Abuse of any kind



## **EXAMPLES:**

- Engagement ring Flowers
- Trinket with their favorite TV show, animal or band on it
- Memento from a meaningful date Bring home their favorite treat
- A trip to a place they've always wanted to go Anything they have ever talked about wanting The gift of yourself

The best gifts are the ones that are the most meaningful. If you struggle to know what gift to get then just ask! Ask their friends, ask their family members, ask them!

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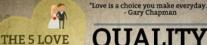
# RECEIVING **GIFTS**

Gifts and gestures show that you are known, loved and cared for. They thrive on the thoughtfulness and

anniversaries Thoughtless Gifts



your spouse.



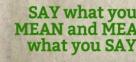
Spending time together while being present and giving your full undivided attention. Turn off the Going for a walk and talking about your day
- Meeting for lunch
- Taking a weekend trip away
- Spending time with the children
- Preplanned thoughtful date
- Pre televisions and put the

Love really is

spelt T-I-M-E!







THE 5 LOVE

LANGUAGES

ILOVE

YOU!

**EXAMPLES:** 

- Saying "I love you" - Telling them the reasons you love them - Encouraging your

spouse - Tell others how great your spouse is

- Notes of appreciation and love
- Send loving text

messages
- Compliments
- Acknowledge them when they do good



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### WORDS OF AFFIRMATION

Expressing your love in sincere words and explaining the reasons why. Saying the words "I LOVE YOU" is important but sharing the reason behind why you love them is most important!

"I can live for two months on a good compliment!" - Mark Twain

### ACTIONS TO AVOID:

#### Acts of Service can be misinterpreted.

Communication is Key; ask them how they would like to be shown love!

# TO AVOID:

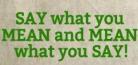


# TO AVOID:





1 One or both of you WANT to do it 2 The other person is WILLING 3 You both know that you are EXPRESSING your LOVE to each other through this activity





# effort behind a visual representation of love.

## It's the thought that counts!

### ACTIONS TO AVOID:

Missing birthdays or



# THE 5 LOVE LANGUAGES

EXAMPLES:

- Doing the dishes or laundry - Washing their car - Running Errands for them

Fixing things around the house Helping them with a

project
- Doing things without being asked
- Sacrificing what you want to do for them

# **ACTS OF** SERVICE

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The things you do to ease the responsibilities and burdens of others. It means a lot when someone goes out of their way to do something for someone else especially when it's

